

What's on at Services

Friday

❑ Free check of battery, belts and coolant at the auto crafts center during July. (Ext. 2454)

❑ Get a "Frequent Shopper's" card at Electric Avenue and enter a drawing for shopping sprees. (Ext. 2067)

❑ Register for children's swimming lessons at the pool. (Ext. 2815)

Saturday

❑ Sports card and comic book fair at the RAF Lakenheath Community Activity Center, 10 a.m.-4 p.m. (Ext. 2221)

❑ Piano lessons at the youth center, 2-6 p.m. (Ext. 3180 to sign up)

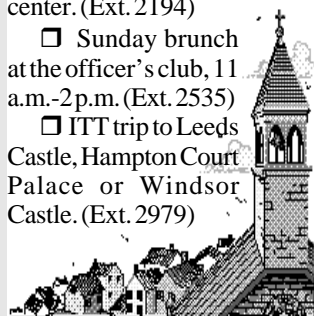
❑ Game day at the skating rink, 2-6 p.m. (Ext. 1627)

Sunday

❑ Thirty percent off foam core at the arts and crafts center. (Ext. 2194)

❑ Sunday brunch at the officer's club, 11 a.m.-2 p.m. (Ext. 2535)

❑ ITT trip to Leeds Castle, Hampton Court Palace or Windsor Castle. (Ext. 2979)



Star Trek Fest

The community center is hosting a Star Trek Fest from 10 a.m.-4 p.m. Sunday. Meet fellow "Trekkies," learn new information, see new releases and participate in quizzes and skits. For details, call Ext. 2221.

Tae Kwon Do at Shepherd's Grove

The Shepherd's Grove Community Activity Center offers Tae Kwon Do classes Wednesdays and Fridays at 7 p.m. for children and 8 p.m. for adults. Prices start at \$20 with a discount for additional family members. For more information, call (01359) 250269.

Japanese Lantern making

The RAF Lakenheath Community Activity Center invites children to decorate a lantern during the Japanese Lantern Festival Monday-Tuesday, 3-5 p.m. Show up one or both days. All supplies are provided and there's no cost. For more details, call Ext. 2221.

Cambridge's secret war

The third of a series of six lectures on Cambridge continues Tuesday. The lecture is titled "Cambridge at War: The Secret War," and is held at the library, noon-1 p.m. Call Ext. 3713 for details.

Price-cutter special at woodshop

The woodshop offers a new 'unlimited use of the woodshop' card for \$50. The card offers unlimited woodshop access during July. Call Ext. 3367 for details.

Science camp

The youth center offers a science camp Monday-July 25. Children ages 10-12 will meet from 9-11 a.m., ages 13-15 from 11:15 a.m.-1:15 p.m., and ages 16-18 will meet from 1:30-3:30 p.m. Registration fee is \$15. For more information, call the youth center at Ext. 3180.

Theaterland special

ITT offers a theaterland special Wednesday. A bus departs RAF Lakenheath at 3:30 p.m. to see "Damn Yankees" starring Jerry Lewis. Cost is £33 and includes transportation and top price seats. The show isn't recommended for children under six. For more information, call Ext. 2979.

Director of theater production

Volunteers who would like to direct the Eagles Nest Repertory Company's Autumn production should apply in writing to the program director, Stephanie Lown, by Aug. 9. Call Ext. 2221 for details.

Family child care orientation

The next family child care orientation training is Tuesday-Wednesday at the chapel. Anyone interested in providing child care in their government home may attend. Applicants must be 18 years or older and a military or civilian employee family member. For details, call Ext. 3718.

At the movies

RAF Lakenheath

Today

7 p.m. - "That Old Feeling" (PG-13) Starring Bette Midler and Dennis Farina. Lilly and Dan have been divorced for 15 years. Everyone, especially their daughter, would like it to stay that way. But heated words spark a passionate affair when they're reunited at their daughter's wedding.

9:30 p.m. - "Anaconda" (PG-13) Starring Jennifer Lopez and Jon Voight. An expedition to shoot a documentary film about a lost Amazon tribe is plunged into terror and a fight for survival when it takes on an additional member. John Voight latches onto the filmmakers to use them and their boat for his own goals.

Saturday

4 p.m. - "Turbo: A Power Rangers Movie" (PG) Starring Jason Frank and Steve Cardenas. They're back with new turbo powers and driving custom designed Turbo Zords. The five superhero rangers battle an evil space pirate to save a wise and gentle alien and the planet Earth from almost certain destruction.

7 p.m. - "The Saint" (PG-13) Starring Val Kilmer and Elisabeth Shue. The Saint is a master thief and loner who roams the world in search of loot. When he attempts to steal a lady scientist's life work, he and she become entangled in a deadly web of intrigue. Thrust into the social upheaval of modern day Russia, the two must combine their wits to escape with their lives.

9:30 p.m. - "Murder at 1600" (R) Starring Wesley Snipes and Diane Lane. Police detective Wesley Snipes has a very touchy case. A White House employee has been murdered in the workplace and the Secret Service is less than cooperative with the police investigation. As the evidence seems to point at the president or his son, events become ever tangled and dangerous as our cop seeks the truth.

Sunday

4 p.m. - "Turbo: A Power Rangers Movie" (PG)

7 p.m. - "The Saint" (PG-13)

Monday

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Tuesday

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Wednesday

7 p.m. - "The Saint" (PG-13)

Thursday

7 p.m. - "Murder at 1600" (R)

July 18

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9:30 p.m. - "Murder at 1600" (R)

RAF Mildenhall

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7 p.m. - "Volcano" (PG-13) Starring Tommy Lee Jones and Anne Heche. Citizens of Los Angeles are prepared for all manner of natural disasters - except one. A totally unexpected cataclysmic event engulfs the city in flames and molten rock when a crack in the earth's crust erupts in an incredible force of nature that threatens to destroy Hollywood.

Sunday

4 p.m. - "McHale's Navy" (XX)

7 p.m. - "8 Heads In A Duffel Bag" (R) Starring Joe Pesci and Andy Comeau. Tommy is a mob bag man whose delivery of eight heads is crucial proof of a recent hit. However his duffel bag gets switched at the airport with an identical duffel bag belonging to another passenger named Charlie.

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July 18

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Menu

Today
Lunch: scalloped ham & potatoes, baked turkey & noodles, simmered corned beef
Dinner: steak smothered w/ onions, baked chicken, tuna noodle casserole

Saturday
Brunch: veal Parmesan, turkey/spinach delight
Supper: Hungarian goulash, grilled Polish sausage w/onions & peppers, spicy baked chicken

Sunday
Brunch: spinach lasagna, chicken lo mein
Supper: vegetarian spaghetti, Swedish meatballs, roast ham

Monday
Lunch: oriental chicken stir fry, veal paprika steaks, breaded liver & onions
Dinner: pepper steak, chili mac, pancit chicken

Tuesday
Lunch: sesame chicken, vegetable chow mien, stir fry beef & broccoli
Dinner: roast turkey, red beans & sausage, corn dog

Wednesday
Lunch: jaegerschnitzel, sauerbraten, pork schnitzel
Dinner: roast beef, scalloped tuna & peas, chicken vega

Thursday
Lunch: grilled Salisbury steak, baked stuffed pork chops, baked chicken
Dinner: spaghetti w/meat sauce, ginger pot roast, turkey ala king